

PASTURE AND PLENTY

DATE: APRIL 12, 2021 | VEGETARIAN

HOORAY, IT'S MONDAY!

And it's going to be a good one, meal kit friends. We know it! We feel like kids again eating Sloppy Joes, but the nostalgia newly reimagined (hello, pickled red onions!) has us salivating. And who doesn't love a good bean soup (and bread) on a blustery Spring day? No one we know, friends. Add in a creamy, cozy Tetrazzini and the week is looking delicious. Enjoy!



green lentil sloppy joes
with chipotle sweet potato salad



Greek white bean soup
with Madison Sourdough miche, feta
and lemon-garlic olive oil



tetrazzini
with peas and mushrooms



PRODUCER SPOTLIGHT

We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers:

Jones Dairy Farm

Marr's Valley View Farm

Madison Sourdough Co.

Vitruvian Farms

Driftless Organics

Sartori Cheese

Winterfell Acres

EXTRA GOODNESS strawberry rhubarb scones

Store at room temperature and enjoy within 5 days.

Ingredients: Strawberry, rhubarb, ap flour, sugar, butter, egg, cream, vanilla, baking powder, salt.

Contains: Wheat, egg, dairy.

WEEKLY MENU

Find our weekly menu and notes under "Kitchen Notes" on our website.

SHARE THE LOVE

We love to see how your dishes turned out. Please tag us in your photos and use the hashtag #pastureandplenty. Don't forget, you can always add extra servings or items from our deli or farm-to-freezer case. Check our website to see the current inventory.



① THE COOK KIT

green lentil sloppy joes with chipotle sweet potato salad

PREP &
COOK TIME

15
MINUTES

IN YOUR BAG

Green Lentil
Sloppy Joes

Madison
Sourdough
Brioche Bun

Avocado Lime
Crema

Pickled Red Onion

Chipotle
Sweet Potato
Salad

Pair with the fresh
and fruity El Jefe
Tempranillo
or
with the tart and
spicy Olbrich
Botanical
Gardens Witbier
from Working
Draft

- 1 Reheat Sloppy Joe in a saucepan over medium heat until hot, about 6 to 8 minutes. Add in up to 1/4 cup of water per serving to loosen and stir occasionally to prevent sticking.
- 2 While sandwich filling is reheating, slice and toast brioche buns in a skillet with a drizzle of olive oil, or in the toaster. Give sweet potato salad a toss to redistribute the dressing.
- 3 On your plate, divide filling onto buns, top with crema and pickled red onions, and serve sweet potato salad alongside. Dig in!

Green Lentil Sloppy Joes: Green lentil, onion, poblano pepper, tomato, sugar, chili powder, achiote, garlic, oregano, cumin, pepper, vinegar, brown sugar.

Avocado Lime Crema: Sour cream, avocado, heavy cream, lime, salt, pepper.

Pickled Red Onion: Red onion, vinegar, water, sugar, salt, star anise, juniper berry, bay leaf, chile de arbol.

MSCo Brioche Bun: AP flour, butter, sugar, egg, milk powder, yeast, salt.

Chipotle Sweet Potato Salad: Sweet potato, chipotle aioli (sunflower oil, egg, dijon mustard, chipotle pepper, garlic, salt, pepper), red onion, cilantro, salt, pepper.

Contains: Bean/lentil, dairy, raw allium, egg, wheat.

② READY-TO-EAT

Greek white bean soup with Madison Sourdough miche, feta and lemon-garlic olive oil

Reheat soup over medium heat until hot, about 6 to 8 minutes, stirring occasionally to prevent sticking.

While soup reheats, heat miche in toaster or in a heavy skillet over medium heat with a drizzle of olive oil, until golden brown.

Divide soup into bowls, top with a drizzle of lemon-garlic olive oil and feta. Serve with bread and additional olive oil on side for dipping. Enjoy!

Greek White Bean Soup: Vegetable stock, cannellini bean, red onion, celery, carrot, tomato paste, garlic, red wine vinegar, red chile flake, flat leaf parsley, olive oil, salt, pepper.

Feta & Parsley: Feta (pasteurized milk, salt, cheese culture and enzymes), parsley.

MSCo Miche: Flour, water, salt, yeast.

Lemon-Garlic Olive Oil: Olive oil, roasted garlic, lemon, salt, herbs.

Contains: Bean/lentil, wheat, dairy.

③ FARM-TO-FREEZER

tetrazzini with mushrooms and peas

See label for ingredients and cooking instructions.



We are a local meal kit service, restaurant, deli and event space serving Wisconsin-grown goodness for breakfast & lunch Tues - Fri, weeknight dinner, Friday fish fry, Saturday brunch and Sunday workshops and community events.

GET IN TOUCH

2433 University Avenue
608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm **T-F** 11am-7pm
SAT 9am-1pm